

ELLINGTON RECREATION DEPARTMENT 2011 SPRING PROGRAMS

Address:

31 Arbor Way/P.O. Box 187

Email: recreation@ellington-ct.gov

Office Hours :

Monday 8:30 am-6 pm Friday 8:30 am-1:30 pm

Tuesday-Thursday 8:30 am-4:00 pm

Phone: (860) 870-3118

Fax: (860) 870-3198

www.ellington-ct.gov

Registration Process

The Ellington Parks and Recreation Department has implemented a registration process for ALL recreational programs/camps through our Active-net On-Line Program. The process for the on-line registrations is easy and convenient for all. The process involves following these simple steps:

⇒ **Go to www.ellington-ct.gov;**

⇒ Click on Town Services

⇒ Click on Parks & Recreation

⇒ Select "Click here for Active-net On-line Registration!"

It is imperative that an adult household member setup the family account. The process for requesting an account is simple and takes but only a few minutes of your time. The advantage to setting up an account is the convenience of registering for recreational programs and camps at your leisure. You will need an e-mail address to setup your account, a password and dates of birth for all family members. (Remember to add family members to your account).

If you do not have access for setting up an account at home, we can assist you in setting up your account here at the Recreation Department Office during regular office hours. In office on-line registrations allows you to pay by cash, check or charge with no convenience fee being applied to your credit card. **Note: there is a convenience fee applied to your credit card when registering at home.**

If you have any questions or problems please contact Mary Bartley, Recreation Supervisor.

Crystal Lake Sprint Triathlon

July 17, 2011 (Rain Date July 24th)

The Ellington Recreation Department, with the assistance of Town Residents Mike Scully and Bill Dougherty, have developed the 2011 triathlon course and obtained approvals from various Town departments.

The sprint triathlon will be held on July 17 at 8AM at Crystal Lake in Ellington, CT. The course will consist of a 1/4 mile swim in the pristine waters of Crystal Lake, a 12-mile road bike through the beautiful country roads of Ellington and Stafford, and finally, a rolling 3.1 mile run around Crystal Lake. All levels of ability are welcomed. We will try to have 3 waves consisting of men's, women's and beginners.

- ♦ Swim 1/4 mile in Crystal Lake
- ♦ Bike 12 miles through Ellington & Stafford
- ♦ Run 3.1 miles around Crystal Lake area

The triathlon will be limited to 220 participants; there will be on-line sign-up starting March 1, 2011 through the Triathlon website: www.ellingtontriathlon.com or the Ellington Parks & Recreation website at www.ellington-ct.gov. The cost will be \$65 per participant.

Our team is looking for volunteers, please send an e-mail to ellingtontriathlon@gmail.com with your contact information. All profits from the race will be donated to local charities in Ellington. We look forward to an awesome race and please spread the word. Come out for a great event that will benefit a local charity.

2011 Summer Teen Adventures

A new and exciting summer indoor/outdoor recreation program is being considered by the Recreation Department for current 7th-8th grade boys and girls. With the added use of the renovated, historical Crystal Lake Schoolhouse (located directly across from the Town's waterfront property/Sandy Beach), numerous opportunities will open on a year-round basis for both passive and non-passive recreation.

The concept for the 7th-8th grade summer program includes 3 to 4 days per week, most likely in the 12noon -5pm time range, and will include social activities within the designated space in the schoolhouse, and weather permitting, swimming, volleyball and other outdoor activities.

Projected Dates: Week of July 5th through Week of August 8th, specific days pending interest level. A maximum of 20 participants a day and a minimum of 10 will be required in order to offer the program.

To Pre-Register: Please send an e-mail with name/phone/address to rtedford@ellington-ct.gov no later than May 2nd. If you have additional suggestions that may benefit the implementation of this program, please feel free to communicate that information, call 860-870-3118. **Fee:** To be Determined and communicated in follow-up correspondence.

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ACTIVITY	ID CODE	DATES	TIMES	AGES	FEE	LOCATION
Tiny Tot (Outdoor) Tennis Lessons Instructor: Charles Huggins	TINY.TTTJ	Session J: April 25; May 2,9,16	5:30-6:15pm	Ages 3-5	\$35	Brookside Park
	TINY.TTTK	Session K: May 23; June 6,13,20	5:30-6:15pm	Ages 3-5	\$35	Brookside Park
Pee Wee (Outdoor) Tennis Lessons Instructor: Charles Huggins	PEE.PWEJ	Session J: April 25; May 2,9,16	6:30-7:15pm	Ages 5-7	\$35	Brookside Park
	PEE.PWEK	Session K: May 23; June 6,13,20	6:30-7:15pm	Ages 5-7	\$35	Brookside Park
Cardio Tennis	0205.CARW	Session C: March 3,10,17,24	8:30-9:30pm	14 & up	\$30	Crystal Lake School
	0205.CARA	Session A: April 16,23,30; May 7	8:30-9:30am	14 & up	\$30	Brookside Park

Cardio Tennis is a fusion of tennis and aerobics. It's an hour of constant movement that provides high paced fitness and an opportunity to improve your tennis game at the same time. There's music, props, loads of tennis balls and laughs too. It's tennis, fitness and fun all rolled into one. Cardio is perfect for the novice and experienced player alike.

Youth Outdoor Tennis Lessons Instructor: Charles Huggins	YUTH.TENA	Session A: April 25; May 2,9,16	7:15-8:15pm	Ages 8-13	\$35	Brookside Park
	YUTH.TENB	Session B: May 23; June 6,13,20	7:15-8:15pm	Ages 8-13	\$35	Brookside Park
Tennis Lessons Adult Beginners Instructor: Rich Willis	0205.ASTBA	Session A: April 16,23,30; May 7	9:30-10:30am	14 & up	\$35	Brookside Park
	0205.ASTBB	Session B: May 21, 28; June 4,11	9:30-10:30am	14 & up	\$35	Brookside Park

The beginner class is for those players looking to learn all of the tennis strokes, learn to rally with consistency and learn how to game play and score. Beginner classes are skill and drill based.

Tennis Lessons Adult Intermediate Instructor: Rich Willis	0205.ASTIA	Session A: April 16,23,30; May 7	10:30-11:30am	14 & up	\$35	Brookside Park
	0205.ASTIB	Session B: May 21, 28; June 4,11	10:30-11:30am	14 & up	\$35	Brookside Park

The intermediate class is for those players that can rally with some consistency and know how to play games. Emphasis is on improving stroke production including serve and focusing on tactics. Intermediate classes are skill improvement and game based.

Jukido Thursday Evenings Instructor: Paul Ward	0504.JUK410	Session 4: Feb 17,24; March 3,10,17,24	5:30-6:45pm	6 & up	\$45	Windermere School Gymnasium
	0504.JUK511	Session 5: March 31; April 7,14,28; May 5,12	5:30-6:45pm	6 & up	\$45	
	0504.JUK612	Session 6: May 19,26; June 2,9,16	5:30-6:45pm	6 & up	\$40	
KRIPALU Yoga Inst. Jack Fila, RYT E-mail: yogamanjack@cox.net	KRIP.YOGA8	Session 8: April 14,21,28 May 5,12,19,26 June 2,9,16	6:30-8pm	18 & up	\$80 (or \$8/walk-in class)	Hall Memorial Library

Youth Track & Field Boys & Girls ~ Grades 1 to 8

April 30 - June 25

Wednesdays 5:30-7:00 pm

Saturdays 9:00-10:30 am

Fee: \$25.00 (includes T-shirt)

Code ID: [1212.track11](#)

All practices commence at the Ellington High School Track

Running, fresh air, running, outdoor games, running, forest treks, running and track & field meets adds up to a whole lot of fun and, of course, running! Ellington's unique outdoor whatever-the-weather-program lets your school-age child learn about health and exercise, hydration and nutrition, stretching, strength and endurance, competition and teamwork, and respect for each other and for our environment. We gather together twice a week at Ellington High School and other designated sites for lots of well-supervised jogging, sprinting, trail running, occasional races with other towns, and lots of outdoor games....rain or shine! Skill or fitness level is unimportant, but the desire to become more fit is, as well as the requirement to run. Parents, how about volunteering your time and joining your child on our runs through forest trails and around the track? Now that's quality time with your son or daughter!

Program Coordinator Coach Mike Dolen seeks volunteer help from track parents and Ellington High School students.

E-mail: mdolen1@comcast.net

Eastern CT Women's Soccer Club

The **Eastern CT Women's Soccer Club** is an outdoor recreational league for women aged 23 and over. It's focus is to provide a safe, fun, and relaxed environment for women to continue a love for the game of soccer, and to promote sportsmanship, friendship, and fitness. Games are officiated and played on a full field at Brookside Park on Sunday mornings. There is no residency requirement for our club. Spring Registration information will be posted on our website and will take place in March. Fee: \$35.00 Spring Season runs from April through June. A Women's Summer "CUP" series is also being planned with the CT State Soccer Association. For more details visit: www.soccerkicks.net.

Community Gardens/Batz Property, 97 Shenipsit St.

A limited number of garden plots will be offered this spring, with the projected parcel being 25' x 25', to be used for growing of plants for non-commercial use. Water is NOT available on site. The fee is \$18 per plot (one per family) with a \$15 deposit to be returned pending satisfactory fall cleanup. To receive an information packet in advance, please call the Recreation Office (860-870-3118) and provide a mailing address. Registration is in person only. Register by **March 31 @ Recreation Dept.**

United States Tennis Association Adult Tennis League

The Recreation Department is looking for beginner level men and women to form one or more tennis teams representing Ellington in a league featuring teams from surrounding communities. Five to ten players are needed per team. Each match will consist of 1st singles, 1st doubles and 2nd doubles matches. Matches will be held on Monday evenings beginning at 6pm. The season will run mid-June to August. The league will be governed by the USTA. Membership in the USTA will be required. This league is for those who fit the national tennis rating of 2.5 women & 3.0 men.

Adult Ladder Tennis Singles and Doubles

Join the growing Ellington crowd in our Wednesday night ladders at Brookside Park. Come and play singles or doubles. You tell us your choice. Play starts at 6pm and will continue as long as players are available.

Cost \$10 per player for the season and a new can of tennis balls every week that you play. Open to men and women.

High School Age Tennis Spring Warm-Up

**Wednesday , March 16th
5:30-7:00pm**

Location: Ellington Middle School

**Thursday, March 17th and Friday March 18th
2:30pm-4pm**

Location: Enfield Tennis Club

Get a jump on the outdoor season with this training session with Enfield Tennis Club pros. Bring your own tennis racket and tennis sneakers.

Fee: \$30.00 per player

Contact Ellington Recreation Department by March 10th to reserve spot.

An Ellington Tennis Party

Players of all ages, join us at Enfield Tennis Club on Saturday, April 2nd, 7:30pm to 10pm for an Ellington only tennis party. Pizza will be served. Some matches will be scheduled and some open play will be available.

Fees: \$20.00 per person or \$45.00 max per family. Contact the Ellington Recreation Department by March 21st to reserve your spot.

2011 Spring Outdoor Youth Soccer (U18-U9) \$28.00

(To seek clarification contact Bob Tedford at 860-870-3118)

The Recreation Department will offer an outdoor soccer program for boys and girls based on current CT Junior Soccer Association age/birth date guidelines (see chart). Based on enrollment and evaluation submittals of the respective coaches, teams may be formed in the following age groups:

U-18 Boys and Girls ~Full sided (11 vs. 11) on the playing field
 U-16 Boys and Girls ~ Full sided (11 vs. 11) on the playing field
 U-14 Boys and Girls ~ Full sided (11vs. 11) on the playing field

U-12 Boys and Girls ~ Small sided (8 vs. 8) on the playing field
 U-11 Boys and Girls ~ Small sided (8 vs. 8) on the playing field
 U-10 Boys and Girls ~ Small sided (7 vs. 7) on the playing field
 U-9 Boys and Girls ~ Small sided (7 vs. 7) on the playing field

Placement will be determined by skill level, age compatibility and available roster space. The Recreation Department will make the final determination regarding a players placement to a respective age level. Please check the town's Park & Recreation website to review: attachment "J"/ NE District age restrictions/ re CJSA travel teams.

DEADLINE FOR PLAYERS TO REGISTER IN ORDER TO RETAIN THEIR FALL 2010 TEAM ROSTERED SPOT IS APRIL 4, 2011. IF A REGISTRATION FORM IS RECEIVED AFTER THAT DATE THE PLACEMENT WILL BE BASED ON "AS AVAILABLE" AND/OR THROUGH THE 2 EVALUATION CLINICS THAT ARE SCHEDULED.

Attention all Travel Soccer Coaches: In conjunction with the CJSA and the Northeast District, we will be holding a coaches clinic that will touch on specific aspects of coaching youth soccer at a competitive level. Please indicate your interest to the Recreation Department. Time, date and location to be determined.

**Spring Soccer Age Groups
 CT Junior Soccer Association
Birth Date Guidelines**

**Age Groups
 for Seasonal Year
 Sept 1, 2010
 to Aug 31, 2011**

U-19 Players born 8/1/91 and younger
 U-18 Players born 8/1/92 and younger
 U-17 Players born 8/1/93 and younger
 U-16 Players born 8/1/94 and younger
 U-15 Players born 8/1/95 and younger
 U-14 Players born 8/1/96 and younger
 U-13 Players born 8/1/97 and younger
 U-12 Players born 8/1/98 and younger
 U-11 Players born 8/1/99 and younger
 U-10 Players born 8/1/00 and younger
 U-9 Players born 8/1/01 and younger
 U-8 Players born 8/1/02 and younger

Spring Evaluation Clinic Dates

*Pre-registration is required PRIOR to going to any evaluation clinic. A player who is registered and plans to return to the same team he/she played on in the FALL of 2010 cannot attend an evaluation. The clinic dates have been scheduled to determine a rating for "new" registrations or for individuals that wish to become eligible for a higher ranked division. **To qualify (for a new division other than the team he/she played on in the Fall 2010) a player MUST attend a minimum of one (1) Evaluation Clinic in order to receive a rating.***

DIVISION	DATES	TIMES	LOCATION
U 9-10 BOYS	March 28 & 29	6pm-7pm	Crystal lake School
U 9-10 GIRLS	March 28 & 29	6pm-7pm	Center School
U11- 12 GIRLS	March 28 & 29	7pm-8pm	Center School
U 11-12 BOYS	March 28 & 29	7pm-8pm	Crystal Lake School
U 13-14 GIRLS	March 28 & 29	8pm-9pm	Center School
U 13-14 BOYS	March 28 & 29	8pm-9pm	Crystal Lake School
U 16 & U 18 BOYS/GIRLS	No tryouts required Players MUST pre-register at the Recreation Department		

The Northeast District offers different levels of play for various age groups:

Division 3, 4 & 5: U12 and U 14 Boys & Girls

Division 4 & 5: U10 Girls & Boys Teams will be formed based on the coaches evaluations relative to the final enrollment.

**2011 In-House Spring Soccer Program
 Boys & Girls ~ Ages 4-8
 (Ages as of 12/31/2011)**

ATTENTION ALL SOCCER PARENTS, COACHES OR FANS. In order for our youth soccer programs to be a success, we need you. The Ellington Recreation Department will be offering various FREE coaches clinics to any adults who are interested in coaching soccer or just "helping out".

What a great way to spend time with your children and their friends. You will find that both you and your children will enjoy every moment. So, if you are looking to learn more about teaching our youth the game of soccer, let us assist you. There will be various dates and times based on enrollment of adults. Interest must be communicated with the Recreation Department so we can plan the clinics. For as little time as 2 hours a week, you and the kids will have a ton of fun. Your reply is appreciated. Time, date and location to be determined.

Ages 4, 5, and 6 will be coached on one night;
Ages 7 & 8 will be coached on a different night.

Both clinics will be held at the Ellington Middle School. Depending on how many teams are formed there will be "Soccer Match" night where one team plays another team in a scrimmage/match.

Ages 4-6 Mondays:

April 11,25; May 2,9,16,23

Ages 7 & 8 Wednesdays:

April 13,27; May 4,11,18,25

Time Frame: 5:30-6:45pm

Location: Ellington Middle School Soccer Field

Fees: \$22.00

North Eastern District Roster Guidelines (Spring Soccer)

Attachment J– NE District Roster Guidelines

Team rosters are required for NE District competition. Limitations on the ages of players allowed on rosters U14 and younger is based upon the league that the team is participating in. The two year age specific range is the two years including the age of the oldest player on the roster and one year younger. For a league, the two year age specific range is the two years including the league age of the playing format and one year younger. Players that fall into the two year age specific range and up to 3 players one year younger than the two year age specific range are permitted on a roster. Exception: No player younger than U8 is allowed to participate in these competitions. Point of enforcement is with the district registrars only at the time the roster is validated. Exception requests will be entertained primarily when no alternate competition is available for the players in question. Exceptions must be granted by the competition chair, league commissioner or delegate. No exceptions will be granted for players too old for the age group. No exceptions will be granted for U7 or younger players. The following table shows which U-ages may play in a given District division

Division	U-Ages That May Play in a Division Without Restriction	U-Ages for Which There is a Three-per-Team Number Restriction in a Division	U-Ages That Are Disallowed from Playing in a Division
U14	Any number of U14 and U13 players may play on a team in a U14 division.	A maximum of three U12 players may play on a team in a U14 division. This rule applies even if there is no U13 division	No U11 or younger permitted in a U14 division. This rule applies even if there is no U 13 division.
U13	Any Number of U13 and U12 players may play on a team in a U13 division.	A maximum of three U11 players may play on a team in a U13 division.	No U10 or younger permitted in a U13 division.
U12	Any number of U12 and U11 players may play on a team in a U12 division.	A maximum of three U10 players may play on a team in a U12 division.	No U9 or younger permitted in a U12 division.
U11	Any number of U11 and U10 players may play on a team in a U11 division.	A maximum of three U9 players may play on a team in a U11 division.	No U8 or younger permitted in a U11 division.
U10	Any number of U10 and U9 players may play on a team in a U10 division.	A maximum of three U8 players may play on a team in a U10 division.	No U7 or younger permitted in any division.
U9	Any number of U9 and U8 players may play on a team in a U9 division.	No U7 or younger players permitted in any division.	No U7 or younger players permitted in any division.

Ellington Roadrunners**2011 YOUTH FOOTBALL & CHEERLEADING**

Boys & Girls ages 6 to 13

Registration Information:**Wednesday, May 18th ~ 6pm-7:30pm &****Saturday, May 21 ~ 10am to 12noon @ Brookside Park**

A non-returnable copy of the child's birth certificate is required at registration. The fee is \$85 first child, \$70 for the second child, and \$60 each additional child in the same family. After May 21st, registration fees are increased by \$10, and can be mailed to:

Ellington Roadrunners**P.O. Box 501 Ellington, CT 06029**

For more information contact Chris Weitz @
cmweitz@comcast.net

Visit website: www.ellingtonroadrunners.com

The league operates through volunteers.

Parent volunteers are also welcome to sign up.

Ellington's Ultimate Frisbee**Beginning April 18th @ Brookside Park**

Ultimate Frisbee is back! Now in our 4th season, we continue to grow in numbers and popularity. Ultimate , a sport similar to football or soccer but played with a Frisbee, is played by men and women of all ages. Our group has people from high school to their fifties, men and women, people both with and without experience. We enjoy a competitive game but we enjoy teaching new people and always have a fun time. The sport is a great way to get in shape too. There is no fee to play, and you don't need to be an Ellington resident to join us. Pre-registration is required at the Recreation Office or Online by going to the Parks & Recreation website. Please contact Karl at ksneubec@gmail.com

We have a website for posting field and/or time changes: <http://sports.groups.yahoo.com/group/ellingtonultimate>.

2011 Recreation Department T-Ball Programs

Registrations will be accepted at the Recreation Department
March 10 through April 6

Recreation Department Instructional T-Ball**Boys & Girls Ages 4-6**

(Age 4 in 2011 up to those who will turn 6 years old before August 1, 2011)

Saturday Mornings 10:00 am-11:00 am

Ellington High School (Fields located behind the school)

May 7,14,21,28; June 4,11

(Rain Date June 18 if needed)

Cost : \$25 per player (price includes T-shirt)

ID Code: 1214.tb11

**Parent
Volunteer
Coaches
NEEDED**

All participants will need to provide their own glove. Please label your child's glove with his or her name. The program will cover the fundamentals of baseball and softball (Throwing, Catching, Fielding, Batting, Base Running, Positions and Rules).

Recreation Department Advanced T-Ball

Must have played one year of Instructional T-Ball to qualify for Advanced T-Ball

Boys & Girls Ages 6 & 7

**(Children that do not make the age guideline for either the
Boys or Girls Little League Programs)**

May 7,14,21,28; June 4, 11

(Rain Date June 18 if needed)

Ellington High School fields ~ 11:15am - 12:15pm

Cost : \$25 per player (includes T-shirt)

ID Code: 1214.advt11

**Parent
Volunteer
Coaches
NEEDED**

Program will be a coach-pitch/T-ball format. The program will cover the fundamentals of baseball and softball.

**Coaches
Meeting**

**For all T-ball coaches will be held on May 3, 6:30pm @ the
Recreation Department Conference Room. To register,
please e-mail Mary Bartley mbartley@ellington-ct.gov**

**Northern Connecticut
Girls Softball League**

The Recreation Department will sponsor summer softball for girls in the U12/U14/U16 age brackets, pending final enrollment. **The deadline for registering at the Recreation Office is May 27.** Inquiries received after May 27 will be accepted ONLY if roster space is available.

Age Guidelines:

U12: Born on or after 1/01/1998

U14: Born on or after 1/01/1996

U16: Born on or after 1/01/1994

Fee: \$95.00 per player which helps reduce costs associated with equipment, umpires, tournament fees and uniforms. Sponsors help support this league.

NO Metal Spikes Allowed!

Evaluation clinics will be held after May 5 and a schedule will be posted on the Park & Recreation website. Pre-registration is mandatory. A registrant may attend an evaluation clinic in a higher age group but must also attend a minimum of one clinic at the age appropriate level. The Recreation Department reserves the right to determine final rosters based on the travel team (athletic) policies that pertain to team placement and the selection process.

Please visit the NCGSL

website: www.ncgsl.org

or e-mail:

ellingtonncgsl@yahoo.com

Spring/Summer ASA 2011 Umpire Certification

The Recreation Department will offer a pre-season training clinic for individuals 18 or over that have an interest in becoming an American Softball certified umpire. Assignments that could become available include youth (female) spring league softball games and summer NCGSL league contests.

Please contact Bob Tedford @ rtedford@ellington-ct.gov by mid -March if interested.


Adult Softball (18 Years and Older)

Interested in playing Co-Ed Softball in Town? Skill level and prior experience does not matter. The goal is to provide for a recreation opportunity and to have fun together. The possibility exists of providing some preseason indoor practice times during the month of April. Contact Bob Tedford at the Recreation Office 860-870-3118 or email rtedford@ellington-ct.gov with individual or team interest.

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Activity		Date	Time	Ages	Fee	Location
Music & Movement Adult participation required Instructor: Jill Maznicki		<u>Wednesdays :</u> Code: <u>MNM.WED4</u> March 23,30; April 6,13,27; May 4,11,18	10:15am-11am	Ages 1-3	\$65 Resident \$70 Non-Resident	Hall Memorial Library
		<u>Thursdays:</u> Code: <u>MNM.THR4</u> March 31; April 7, 14,28;May 5, 12 , 19,26	10:15am –11am	Ages 1-3	\$65 Resident \$70 Non-Resident	Hall Memorial Library
Come sing, dance, play, and move to the beat. Jill is an experienced teacher with a degree specializing in Early Childhood Education. She will lead the class in finger plays, songs, bounces, as well as developmentally appropriate group activities. (10 per Session)						
Pee-Wee Cheer Squad Instructor: Jill Maznicki		<u>Tuesdays:</u> May 3,10,17,24 Code: <u>PREW-CHEER</u>	3:45pm –4:45pm	Ages 3-5	\$35	Brookside Park
We will learn to move as a team, develop individual skills and improve overall fitness and coordination. Friends, fun and fitness all rolled into one! (10 per session)						
1-2-3 Move with Me Instructor: Amy Kreider		<u>Tuesdays:</u> March 29; April 5,12,26 May 3,13,17,24,31; June 7 Code: <u>123M.WME</u>	10:30-11:30am	Ages 2.5—3.5	\$70 Resident \$75 Non-Resident	Brookside Park
An outdoor activity class consisting of all different activities to get the kids outside & moving around. Activities include, but not limited too: Parachute play, scarves, marching, dancing, hula hoops, hot potato, Simon says, ring-around-the rosie, throwing, catching, kicking soccer balls, bouncing basketballs, hitting t-balls, and blowing bubbles. (10 per session)						
Activity	Code	Date	Time	Ages	Fee	Location
Men’s Informal Basketball	0205.50311	Monday Evenings Concludes June 20th (Closed Apr 18;May 30) (March-May Location to be determined)	5:30pm-9pm	Over 30	\$5	Windermere School
	0205.50411			Under 30		
Co-Ed Volleyball	coedvb.504S	Wednesdays: Concludes April 27th	7:30-9:00 pm	18+ up	\$3	EMS
CPROHeart LLC Babysitter Safety Course	BABE.SITT11	Session C: April 26 & 28	2:30-5:30pm	11 to 15	\$45	Ellington Middle School Cafeteria
	BABE.SITT12	Session D: May 3 & 5	2:30-5:30pm	min: 10 max :15		
Women’s Self-Defense	0503.WSD10	To Be Determined Based on Interest	7pm	12 & Up	No Fee	Windermere School
Adult Outdoor Soccer	AODS.402	Tentative start April (weather & field conditions permitting)	6-8pm Wed. 9-11am Sun.	18 & Up	\$5	Brookside Park
Youth indoor (Co-ed) Soccer	0301.CES11	Spring Session: March 18; April 1, 8, 15, 29	6-7pm 7-8pm 8pm-9:15pm	Gr. 3-4 Gr. 5-6 Gr. 7-8	\$15	Middle School

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ACTIVITY	DATES	TIMES	AGES	FEE	LOCATION
Zumba® Fitness Joanne Britton & Tressa Giordano	March 15th to June 16th There are no classes on April 19 & 21	7:30-8:30 PM	14 & up	\$40 punch card for 8 classes Or \$8 Walk-in	Middle School
	Zumba® classes are ongoing and run Tuesdays and Thursday nights, starting March 15 to June 16. Entrance to classes will be through the use of a prepaid punch cards purchased on site or by paying the \$8 walk-in fee. When participants see a Zumba® class in action, they can't wait to give it a try. Zumba® classes feature exotic rhythms set to red-hot Latin and international beats. Before participants know it they're getting fit and their energy levels soar! There's no other fitness class like a Zumba® Fitness Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.				
Zumba® Disco Inferno Night	March 31	7:30-8:30 PM	14 & up	\$8 or bring a new friend to Zumba® and you come FREE!	Middle School
Live DJ! ~ Guest Instructors! ~ Prize for the best disco costume!					

Outdoor Golf Lessons @ Ellington Golf Center		
Fee: \$65 per session		
Dates	Time	Ages
Session 1: <u>April 16,23,30; May 7</u>	11am -12noon 12noon-1pm 3pm- 4pm 4pm- 5pm	Women's Class Co-ed Adult Class Youth 6-9 years old Teens 10-13 years old
Session 2: <u>May 10,17,24,31;</u>	6pm-7pm 7pm-8pm	Youth 6-9 years old Teens 10-13 years old
Session 3: <u>May 12,19,26; June 2</u>	6pm-7pm 7pm-8pm	Women's Class Co-ed Adults Class
Session 4: <u>June 7,14,21,28</u>	6pm-7pm 7pm-8pm	Youth 6-9 years old Teens 10-13 years old
Session 5: <u>June 9,16,23,30</u>	6pm-7pm 7pm-8pm	Women's Class Co-ed Adults Class
Session 6: Mini-Camp <u>July 11,12,13</u>	9am -12noon	Ages 9 to 13
Session 7: Mini-Camp <u>July 25,26,27</u>	9am -12noon	Ages 9 to 13
Session 8: Mini—Camp <u>August 8,9,10</u>	9am-12noon	Ages 9 to 13
Session 9: <u>July 7, 14, 21, 28</u>	6pm-7pm 7pm-8pm	Women's Class Adult Class
Session 10: <u>August 4, 11, 18, 25</u>	6pm-7pm 7pm-8pm	Women's Class Adult Class

Youth Informal Basketball Boys/Girls Current Grades 9th-12th
An informal youth basketball program will be offered during the spring months for boys and girls currently enrolled in grades 9th-12th.
The program dates are as follows: (Thursday Evenings) April 14, 28; May 5, 12, 19, 26; June 2
Time: 7pm-9pm
Location: Windermere School
Fee: \$15
Pre-Registration is Required Active-net Code: <u>YIB.912</u>


Spring 2011		Ellington Parks & Recreation ~ 860-870-3118		Page 9		
2011 Seasonal Employment Applications			April Vacation Camp pending BOE			
<p>Applications are available as openings exist for those interested for the following positions within the Recreation Department:</p> <ul style="list-style-type: none">▪ ASA (Softball Umpire)▪ WSI and LGT Lifeguards▪ Day Camp Counselor▪ USSF (Soccer) Official▪ Youth Lacrosse Official▪ Special Event Instructors▪ Site Supervisors <p>Contact the Recreation Office at 860-870-3118/recreation@ellington-ct.gov for an application.</p>			<p>April 18,19,20,21 7:30 am-5:00 pm @ Ellington Middle School Children in Kindergarten through 8th Grade</p> <p>The camp's daily schedule will include passive and non-passive activities, crafts, sports, music, movies, special events and nature hikes. Refreshments/drinks will be provided, both morning and afternoon.</p> <p>Pre-registration required no later than <u>April 11th</u> Registration Online Only</p> <p>\$72/Week (\$18/Day) 5 <u>Full Days</u> ~ 8:30 am– 3pm \$67/Week 2nd & 3rd child</p> <p>\$48/Week (\$12/Day) 5 <u>Half Days</u> ~ 8:30am-12Noon \$43/Week 2nd & 3rd child</p> <p>Discounts do not apply to Before/After Care</p> <p>\$4 daily Before Care 7:30am-8:30am \$7 daily After Care 3pm-5pm</p> <p><i><u>Campers should bring outdoor clothing & a bagged lunch</u></i></p>			
AED/ First Aid/ CPR			Youth Basketball Clinics			
<p>Register online ONLY at Ellington.safety@yahoo.com</p> <p>This is an e-mail so please list your name, phone and sport for Allison.</p> <p>Instructor: Allison Breen</p> <p>The Recreation Department now has a certified AED/First Aid/CPR Instructor on staff. New classes have been scheduled that will allow ALL Ellington Coaches, Athletic Officials, Program Instructors, and staff of Ellington Recreation sponsored sports and activities to register.</p> <p>All classes will be held at the Recreation Office at 31 Arbor Way; FREE of charge</p> <ul style="list-style-type: none">♦ Saturday March 26, 2011 9am-2pm♦ Tuesday April 5, 2011 5pm-9pm♦ Wednesday April 13, 2011 5pm-9pm♦ Tuesday May 31, 2011 5pm –9pm♦ Saturday June 4, 2011 9am –2pm <p>Please understand that each coach is REQUIRED to complete this training. We can only allow six (6) coaches per class, so register early.</p>			<p>Co-Ed Grades 1st-8th</p> <p>Dates: April 26; May 3, 10, 17, 24 Location: Windermere School Gymnasium</p> <p>Time Frames: Grades 1st-4th 5:30-6:45pm Grades 5th-8th 6:45-8:00pm</p> <p>Fee: \$25</p> <p><i>Instructor Stan Ogrodnik, former East Catholic High School and Trinity College Basketball Coach, has designed a basketball clinic especially for the “young” basketball player. This clinic will emphasize and teach basic fundamentals and learning to play the “right way”.</i></p> <p>Enrollment will be limited, register early!</p>			
<div>Total Body Blast</div> <p>Instructor: Ginny Hogan Monday and Wednesdays \$5 per class/pre-payment or \$7 drop-in fee</p>		<p>Session A: March 2, 7, 9, 14, 16, 21, 28, 30; April 4, 6</p> <p>Session B: April 11, 13; May 11, 16, 18, 23, 25; June 1, 6</p>	<p>6:00-7:15pm</p> <p>6:00-7:15pm</p>	<p>14 & up</p> <p>14 & up</p>	<p>\$50/ 10 classes</p> <p>\$45/ 9 classes</p>	<p>To Be Determined</p> <p>To Be Determined</p>
<p>Blast off those calories, tone your muscles, and boost your metabolism with a total body workout that includes strength training, cardio intervals, and core work. The course is led by a certified personal trainer/group exercise instructor. Bring stability ball, hand weights, and a mat. Resistance tubing can be purchased from the instructor. All fitness levels are welcome. Participation both nights is recommended, but not required.</p>						

Crystal Lake Sandy Beach 2011

[Weather & Staff permitting]

Pre-Season: Weekends only starting June 11, 12, 18, 19 ~ 12 noon—5:00 pm

Full Season: June 25-August 21 ~ Weekdays: 12:00 noon-6:30 pm;
Weekends: 11:00 am-6:30 pm;

FEES FOR SWIMMING LESSONS/DAILY FEES/ BEACH PASSES ARE POSTED ON OUR WEBSITE!
Beach Passes will not be available until May 10th

Crystal Lake Sandy Beach 2011 Swim Lesson Information:

The Ellington Parks & Recreation Department will be offering Swimming Lessons at Crystal Lake Sandy Beach Facility for residents ages 3 years-Adult. This year we will be offering the American Red Cross Six Comprehensive Course Levels that will teach you and/or your child how to swim skillfully and safely. The prerequisite for each level is the successful demonstration of the skills from the preceding level, except for Level 1, which has **No** prerequisite. Each level of the Learn-to-Swim includes training in basic water safety and helping a swimmer in distress.

You can find the swim level descriptions online at our website. Check off what skills your child can do in the water. If all skills are checked off in one level your child is ready to move to the next level. The online list serves as a guide to help choose an appropriate level at registration time. This will help minimize the switching of participants and classes so please review all skills.

2011 Swim Lessons

- Session # 1** July 5 - July 8 (Tuesday-Friday)
July 11 - July 14 (Monday-Thursday)
- Session # 2** July 18 - July 22 (Monday-Thursday)
July 25 - July 28 (Monday-Thursday)
- Session # 3** Aug. 1 - Aug. 4 (Monday-Thursday)
Aug. 8 - Aug 11 (Monday-Thursday)

We use Fridays as make-up days if needed

Lessons are filled on a First-Come, First-Serve Basis with a maximum of 10 students/class; no exceptions.

Note: Ellington Participants from summer of 2010 will receive a letter by April 30th as to which class level they are to register for in the 2011 session.

**REGISTRATION ON-LINE & IN PERSON FOR
ELLINGTON RESIDENTS STARTS MAY 10 @ 9AM**

Adults and/or special needs individuals that would like to take swim lessons, contact Mary Bartley @ 860-870-3118 or email: mbartley@ellington-ct.gov

Boston Red Sox Trip July 8th

The Recreation Department will sponsor (including transportation by bus) a trip to Fenway Park in Boston on July 8 to watch the Red Sox compete against division rival the Baltimore Orioles.

Tickets are available (first come, first serve -Right field /Box 92) at the Recreation Office during normal business hours.

Fee per ticket is \$95.00 per person, including transportation.

Registration form must be completed at the time payment is made. The motor coach will leave Arbor Park at approximately 4:15pm and return immediately at the conclusion of the game.

Introductory Lacrosse Grades K-3

“Once you try the game, you are hooked” echoes long-time lacrosse coach John Burgess. Girls and boys in Kindergarten, 1st, 2nd and 3rd grade are invited to participate in an instructional setting on the following Saturday mornings from 9-10am: May 7, 14, 21, 28; Location to be determined; NO FEE; Active net Code: intlax.k123

Fundamentals and fun are the emphasis, lacrosse sticks will be provided for use during the sessions, however, girls are required to wear eye protection.

Ellington High School players will serve as “Big sisters/lacrosse buddies” which will enable the new players the opportunity to receive a lot of one-on-one instruction!

If you would like to volunteer to assist or discuss the program content further, feel free to email Tom Stauffer: tpstauffer@aol.com

Current availability exists on Boy’s Bantam Lacrosse team; players seeking an evaluation rating need to contact the Recreation Department immediately - 860-870-3118

Ellington's Ultimate Summer Camp Extravaganza!

2011 SUMMER CAMP

Full Day:	8:30am - 2:30pm	\$75 per child/per week (\$15 a day)
Half-Day:	8:30am - Noon	\$40 per child/per week (\$8 a day)
Before Camp Care:	7:30am - 8:30am	\$10 per child/per week (\$3 per day)
After Camp Care:	2:30pm- 4:30pm	\$35 per child/per week (\$7 per day)

**Note: A reduction of \$10 per week (full day/full week camper)
for 2nd and 3rd children in same household**

Ages: 4-12 (4 as of 12/31/10) MUST be Potty Trained ~ Strictly Enforced

REGISTRATION INFORMATION

Pre-Registration Required. All registrations will be done by the Activenet On-Line system. If you don't have internet access at home you can register on-line at the Recreation Department. In office on-line registrations allows you to pay by cash, check or credit card without convenience fees.

- After Camp Care, minimum of 12 registrants .
- Partial weeks are prorated
- **CAMPERS ARE TO BRING A BAGGED LUNCH EACH DAY!**
- Campers should bring a water bottle daily.
- **SNACKS WILL BE PROVIDED.**
- Campers are to come dressed appropriately for camp activities ~ **no flip flops!**
- Friday Pizza Parties for LUNCH!! Addition \$2 fee per week
- Epi-Pen/Meds need to have a Doctor's note and must be submitted on the first day of camp

Camp Theme

Week 1	June 29,30; July 1	Camp Spirit Week!
Week 2	July 5,6,7,8	Dr. Seuss Week!
Week 3	July 11-15	Nature Week!
Week 4	July 18 - 22	Underwater Week!
Week 5	July 25 - 29	Olympic Week!
Week 6	August 1 - 5	Fiesta week!
Week 7	August 8 - 12	Wild –N-Crazy Week!
Week 8	Aug 15 ,16, 17,18	Express Yourself Week!

Location: Center School

**Camper-to-Counselor ages 13-15 years
(16+ must apply for counselor positions)**

Session 1: June 4th, 12noon-2pm Group Interview maximum of 15 applicants @ Recreation Office

Session 2: June 8th, 5:30pm-7:30pm Group Training maximum of 12 chosen applicants@ Recreation Office

A maximum of 12 people will be chosen for volunteer positions for the 2011 Summer Day Camp. These are not paid positions. Each chosen participant will be given 2 weeks of "work" at camp based on performance (at the discretion of the Directors). As a Camper-to-Counselor you will be working side-by-side with Camp Directors and Counselors, becoming part of the camp support staff, building leadership skills and providing assistance and encouragement to camp participants. Potential candidates who have completed the 7th grade may register at the Recreation Department.

Note: Participation in the Camper-to-Counselor Program does not guarantee placement at the Summer Day Camp. Placement will be determined by Camper-to-Counselor Instructors through the evaluation process. Applications on a first come, first serve basis (**Register no later than April 15, 2011**).

HOLIDAY SCHEDULE

The Town Offices and the Library will be closed on the following dates:

April 22	Good Friday
May 30	Memorial Day*
July 4	Independence Day*

*There will be a **one day delay** in trash collection for the Memorial & Independence Day holidays.

The Library will also be closed on

April 24	Easter Sunday
May 8	Mother's Day